



Please note that on Labor Day (Monday, September 1), the Swim and Fitness Center will operate on a “Sunday” schedule.

ROCKVILLE SWIM AND FITNESS CENTER

355 Martins Lane • Rockville, MD 20850
www.rockvillemd.gov/swimcenter • (240) 314-8750

2014 Recreational Swim and Fitness Center Schedule Post Summer (August 25 through September 1)

INDOOR POOLS

NORTH (25 Meters)

Monday – Friday

6:00 a.m. – 9:00 p.m.

Saturday

7:00 a.m. – 9:00 p.m.

Sunday

12:00 noon – 8:00 p.m.

SOUTH (25 Yards)

Monday – Friday

Closed

Saturday and Sunday

Closed

OUTDOOR POOLS

FITNESS (50 Meters)

Monday – Friday

6:00 a.m. to 3:15 p.m. - 8 lanes lap swimming only

3:15 p.m. to 6:00 p.m. - 3 lanes lap swimming only

6:00 p.m. to 9:00 p.m. - 8 lanes lap swimming only

Saturday and Sunday

12:00 noon – 9:00 p.m.

RECREATION

Monday - Friday

Closed

Saturday and Sunday

12:00 noon – 9:00 p.m.

Please note that on Labor Day (Monday, September 1), the Swim and Fitness Center will operate on a “Sunday” schedule.

Fitness Room Hours

Weekdays: 6:00 a.m. to 9:00 p.m.

Saturdays: 7:00 a.m. to 9:00 p.m.

Sundays: 12:00 noon to 9:00 p.m.

See next page for the **9/2 until it's too cold** schedule.



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2014 Recreational Swim and Fitness Center Schedule

Post-Summer (September 2 until it's too cold)

POOLS

	<u>North Pool</u>	<u>Fitness Pool</u>	<u>South Pool</u>
Monday	6:00 – 8:20 am 11:00 – 2:00 pm 5:00 – 9:00 pm <i>(ramp area not available until 5:15 pm)</i>	6:00 – 8:15 am <i>(6:00-6:20, 3 lanes only)</i> 12:00 – 2:00 pm 5:00 – 8:00 pm <i>(5:00-6:00, 3 lanes only)</i>	8:20 – 9:00 am 2:00 – 3:00 pm
Tuesday	6:00 – 8:20 am 11:00 – 4:30 pm 6:00 – 9:00 pm <i>(ramp area not available until 6:15 pm)</i>	7:30 – 8:15 am 12:00 – 2:00 pm 5:00 – 8:00 pm <i>(5:00-6:00, 3 lanes only)</i>	8:20 – 9:30 am
Wednesday	6:00 – 8:20 am 11:00 – 2:00 pm 5:00 – 9:00 pm <i>(ramp area not available until 5:15 pm)</i>	6:00 – 8:15 am <i>(6:00-6:20, 3 lanes only)</i> 12:00 – 2:00 pm 5:00 – 8:00 pm <i>(5:00-6:00, 3 lanes only)</i>	8:20 – 9:00 am 2:00 – 3:00 pm
Thursday	6:00 – 8:20 am 11:00 – 4:30 pm 6:00 – 9:00 pm <i>(ramp area not available until 6:15 pm)</i>	7:30 – 8:15 am 12:00 – 2:00 pm 5:00 – 8:00 pm <i>(5:00-6:00, 3 lanes only)</i>	8:20 – 10:00 am
Friday	6:00 – 8:20 am 11:00 – 3:30 pm 5:00 – 9:00 pm <i>(ramp area not available until 5:15 pm)</i>	6:00 – 8:15 am <i>(6:00-6:20, 3 lanes only)</i> 12:00 – 3:00 pm 5:00 – 8:00 pm <i>(5:00-6:00, 3 lanes only)</i>	8:20 – 9:00 am
Saturday	6:00 – 7:30 am 12:00 – 9:00 pm	12:00 – 6:00 pm	11:00 – 12:00 noon
Sunday	11:00 – 9:00 pm <i>(ramp area not available until 1:00 pm)</i>	12:00 – 6:00 pm	Closed

Fitness Room, Saunas, and Spa Hours

Monday through Saturday: 6:00 a.m. – 9:00 p.m.
Sunday: 9:00 a.m. – 9:00 p.m.

Please note: The spa is closed to all children (17 and Under) during swimming lessons.